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Health Care Tips For The Diabetic

ESPECIALLY FOR:

(patient's name)

Take Care of your... EYES

- ☐ See an eye doctor **EVERY YEAR** for a complete eye exam.
- ☐ See an eye doctor **SOONER** if:
 - ☐ your eyes hurt
 - ☐ you see dark spots
 - ☐ you have blurred vision
 - ☐ you have poor vision
- ☐ Regular eye exams and early treatment can prevent blindness.

Take Care of your... FEET

- ☐ Wash your feet every day.
- ☐ Wear clean, soft socks.
- ☐ Wear shoes that fit properly.
- ☐ Cut your toenails straight across.
- ☐ Do not go barefoot.
- ☐ Do not use hot water bottles or heating pads on your feet to keep warm.
- ☐ Have your doctor check your feet at each clinic visit.
- ☐ See your doctor as soon as possible if you have cuts, sores or blisters.

HIGH BLOOD PRESSURE

- ☐ Eat less salt.
- ☐ Eat less food from fast food restaurants.
- ☐ Eat fresh fruits and vegetables.
- ☐ Lose weight if you are overweight.
- ☐ Take your medications every day.
- ☐ Tell your doctor as soon as possible if your medications make you sick.
- ☐ Have your blood pressure checked regularly.

FOR WOMEN ONLY

You must try to control your diabetes **BEFORE** getting pregnant.

- ☐ See your doctor regularly.
- ☐ Take your medications every day.
- ☐ Eat **good** meals every day.
- ☐ See your doctor right away if you feel sick.
- ☐ Learn about diabetes and what can happen to you and your baby.
- ☐ Follow all the rules in this booklet.

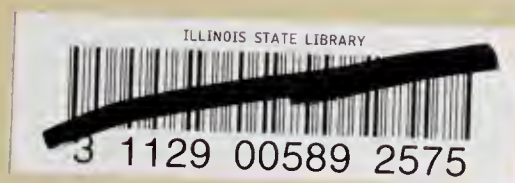
GENERAL HEALTH CARE TIPS

- ☐ Take your **medications** every day.
- ☐ Eat food that is good for you.
- ☐ Follow the **SPECIAL DIET** your doctor gives you.
- ☐ Lose weight if you are overweight.
- ☐ Do not drink alcohol (beer, wine, or hard liquor).
- ☐ Do not smoke.
- ☐ Keep your clothes and body very clean.
- ◆ Take special care of your **feet**.
- ◆ See an **eye** doctor every year even if your vision seems fine.
- ◆ Have your **blood pressure** checked regularly.
- ☐ Make **regular appointments** with your doctor.
- ☐ Do not miss your appointment with your doctor.

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- ☐ **LEARN ABOUT DIABETES**
 - ☐ **ASK QUESTIONS**
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YOUR NOTES:





*If you need to see a **doctor***
call one of the people listed below
to make an appointment.

This information is provided as a service of:

American Diabetes Association (Chicago)
Chicago Department of Health
Illinois Department of Public Health
Illinois Society for the Prevention of Blindness